



DAVIS COUNTY HEALTH DEPARTMENT

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News Release

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Flu Vaccine Clinics Scheduled

(Clearfield, Utah) – Davis County Health Department announces seasonal Flu Vaccine Clinics beginning in late August. General public flu vaccination clinics run each weekday through Nov. 23. Outreach clinics for senior citizens are scheduled Sept. 6, 7, 9, and 30.

According to Lewis Garrett, director of the Davis County Health Department, people need to protect themselves and others by getting the seasonal flu vaccine. “For some people, getting the flu is more than just an inconvenience.”

“According to figures from the Centers for Disease Control and Prevention, influenza deaths ranged between 3,000 and 49,000 over the last 30 years in the United States and more than 200,000 people are hospitalized yearly from flu-related complications,” he said. “Getting vaccinated against the flu is the easiest and most reliable way to keep from getting and spreading this potentially serious disease.”

Garrett said the flu vaccine recommendation has gotten simpler in recent years. “Health experts recommend that all people 6 months of age and older get a flu vaccine every flu season.”

Besides the flu vaccine, the staff at the county health department reminds everyone to practice good hygiene throughout the flu season to reduce the risk of getting sick, such as:

- Cover your mouth and nose with disposable tissue when you cough or sneeze and throw away the tissue.
- Wash your hands with soap and water or use an alcohol-based hand sanitizer.
- Stay away from other people when you are sick.

– MORE –

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People specifically recommended for vaccination during the 2011-12 flu season are:

- Pregnant women
- People of any age with certain chronic medical conditions (heart disease; kidney disease; lung diseases like asthma; metabolic diseases like diabetes; blood disorders like anemia; a weakened immune system caused, for example, by cancer or cancer treatment, HIV/AIDS, or steroid therapy; or certain conditions such as neuromuscular disorders that can cause breathing problems)
- People who live in nursing homes and other long term care facilities
- People who live with or care for those at high risk for complications from the flu, including:
 - Health care workers
 - Household contacts of persons at high risk for complications from the flu
 - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

Flu shots cost \$25 and the FluMist® vaccine is \$32.50. For more information, call the Davis County Health Department's Immunizations Hotline at (801) 525-5030.

Senior Citizen Clinics by the Davis County Health Department:

Golden Years Senior Activity Center: 726 South 100 East, Bountiful City

- Tuesday, Sept. 6: 10 a.m.-2 p.m.

Autumn Glow Senior Activity Center: 81 East Center Street, Kaysville City

- Wednesday, Sept. 7: 10 a.m.-2 p.m.

North Davis Senior Activity Center: 42 South State Street, Clearfield City

- Friday, Sept. 9: 10 a.m.-2 p.m.

Syracuse Senior Center: Syracuse Community Center, 1912 West 1900 South, Syracuse City

- Friday, Sept. 30: 11 a.m.-2 p.m.

General Public Clinics by the Davis County Health Department:

Clearfield Clinic: 22 South State Street (first floor), Clearfield City

- Monday-Friday
- 8-11:45 a.m. and 1-4:30 p.m.
- Closed Tuesday, Sept. 13, for mandatory training.

Bountiful/Woods Cross Clinic: 596 W. 750 S., Woods Cross City

- Tuesdays, Thursdays
- 8 -11:45 a.m. and 1-4:30 p.m.
- Closed Tuesday, Sept. 13, for mandatory training.

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Community-based General Public Clinics by the Davis County Health Department:

- Thursday, Oct. 6: 3-6 p.m. – Farmington City building, 160 South Main, Farmington City
- Wednesday, Oct. 12: 3-6 p.m. – West Point City building, 3200 West 300 North, West Point City
- Tuesday, Oct. 18: 3-6 p.m. – Sunset City building, 200 West 1300 North, Sunset City

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